

Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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Cod Fillets

Serves 2

Ingredients:

454 g	Cod Fillets
¼ cup	Brown Rice Flour
½ tsp	Sea Salt
¼ tsp	Pepper
2 tbsp	Butter
½	Lemon

Directions:

1. Mix brown rice flour, salt and pepper together.
2. Coat fillets with brown rice mixture.
3. Sauté in butter until cooked through and browned on both sides.
4. Serve with a squeeze of lemon.